

## WHAT TO EXPECT FROM A CREATIVE MOVEMENT LESSON

A specific class aimed at 5th or 6th grade students would begin with a brief question/answer session with students to talk about dance as an art form, to discuss lifestyle, reasons for choosing dance as a medium, dance history and philosophy of dance. The movement section of the class would begin with exercises designed to increase strength, flexibility, coordination and control. Following this would be a structured improvisation in which students are given a directive, such as "travel, using the entire space." Each student is allowed to explore various ways of solving the posed problem as additional directives, such as use of different levels, speeds, shapes, and movement qualities are layered on. Additional elements might include frozen shapes, directions, interactions with other students or transitions (to name a few). Students would eventually be given a structured compositional assignment when the necessary movement concepts had been learned, to do in solos, partners, or small groups. These compositions would be presented to the other members of the class who are encouraged to comment in a positive way on what they have seen. Emphasis is on concentration and successful solution of the posed problem by the presenters.

All classes contain aspects of these components:

- 1 Vocabulary  
increasing individual movement choices by learning movement from the teacher, and exploring authentic movement
- 2 Learning and memorizing  
learning a sequence the teacher has created
- 3 Improvising  
creating spontaneously, en masse alone, and in small groups
- 4 Composing  
creating movement sequences, arranging them spatially and temporally, alone and in small groups
- 5 Sharing  
informal performing for peers